

of things they can do.

— In some instances it will be impossible to have a relationship with any family member still in the group. The young adult needs to be very realistic at this point. This may be because the young adult does not want to have any relationship, or because the group will not allow it.

— It is important to not “bad mouth” the group. This will only create further barriers.

— It is important, as much as is possible, for the young adult to try and understand where their parents/siblings are coming from, why they joined the group, and why they are so crippled. The group has not only damaged the young adult's life but also their relatives' lives. In a very real sense “their human voice has been silenced.”

— As best as the young adult can, if they want to maintain contact, they must try to out love the group (write, call, tell the relative that they are loved, etc.).

— The young adult needs to set limits/boundaries for what kind of interaction they will have with their relatives still in the group. This may involve what can be talked about, where they can meet, etc.